



Grilling/Open Flame Injury Prevention

How to Stay Safe Around Open Flames and Grills

What is the Problem?

Grilling exposes open flame cooking to anyone surrounding the flame and can be dangerous if not handled properly. According to the NFPA, gas grills constitute a higher risk, having been involved in an annual average of 7,100 home fires in 2006-2010, while charcoal or other solid-fueled grills were involved in an annual average of 1,200 home fires.¹ However it is also cooking equipment, most often a range or stovetop, that has been identified as the leading cause of reported home fires and home fire injuries in the United States.²



Who is at Risk?

Adults and children are both at risk in open flame situations. Anywhere an open flame exists is a potential risk for any person in the surrounding area to be injured or badly burned. The person cooking is at most risk, being responsible for what is on the open flame and for the surrounding area of the flame and food.

Prevention Tips

Adults and children can learn to reduce their chances of being burned around an open flame by following the tips below:

- Do Not wear loose clothing (especially hanging sleeves).³
- Do Not walk away from a cooking pot on the stove.⁴
- Do Not leave items that can catch fire, such as potholders or paper towels, around the stove.⁵
- Always use cooking equipment tested and approved by a recognized testing facility.⁶
- Never hold a child while cooking, drinking, or carrying hot foods or liquids.⁷
- Use oven mitts or potholders when moving hot food from ovens, microwave ovens, or stovetops.⁸
- Contain possible spills due to overturn of appliances containing hot food or liquids by using the back burner when possible and/or turn pot handles away from the stove's edge.⁹



Plan of the Week (POW):

ALWAYS remember to use approved cooking equipment and do not leave cooking items unattended.¹⁰ If there is a possibility that you may come in contact with an open flame **DO NOT** touch the flame and carefully maneuver around it. To keep children aware of the danger of an open flame teach them that hot things burn and properly display the use of pot holders and oven mitts.¹¹

References

- 1 National Fire Protection Association (NFPA). Grilling.
<https://www.nfpa.org/safety-information/for-consumers/outdoors/grilling>.
Updated November 2012. Accessed 25 August 2013.
- 2-11 U.S. Fire Administration. Cooking Fire Safety.
http://www.usfa.fema.gov/citizens/home_fire_prev/cooking.shtm. Last
reviewed 30 November 2012. Accessed 25 August 2013.

Other Resources

Photo Credit. http://www.navy.mil/image_search_results.asp?terms=cooking&page=11

Centers for Disease Control and Prevention (CDC). Around the House: Fire Safety Tips.
<http://www.cdc.gov/bam/safety/documents/fire-tips.pdf>. Accessed on 29 September 2013.

NMCPHC Injury Prevention and Violence Free Living Webpage

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

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